

# Eat Sleep Run Grow



## Redefining Ourselves As Women



*The perfect opportunity to become educated on issues women face daily. Local professionals will address these "real life" struggles and empower through education.*

### *Enlightenment informs*

*Dr. Robin Witmer-Kline, Ph.D., L.P.C., specializing in Mood Disorders, Adult Sexual Abuse, and Women's Codependency Issues, will present Leaving Sad City- How to Catch the Happiness Train, an exploration on how Positive Psychology techniques can promote confidence, growth, and happiness*

**Educational Exhibits  
Interactive Exercise  
Demos**

**Self Defense Workshop  
Breakout Sessions  
Door Prizes  
Goodie Bag  
Product Samples**

**Doors Open at 7 am**

### *Philanthropy transforms*

*What better way to empower yourself than to reach out to those in need and make a difference in someone's life. Opportunity will abound for you to connect with one of the many exhibiting non profits, consider their philosophy and mission, and perhaps become an esteemed volunteer*

**January 9, 2016 - Wilson College - Chambersburg, PA**

*Be our guest as breakfast & lunch will be catered*

Proceeds benefit Women In Need of Franklin/Fulton County's Shelter & Advocacy Center, specifically the Shannon Lee Shockey Memorial Family Room

**For details call, or visit [www.EatSleepRunGrow.com](http://www.EatSleepRunGrow.com) Brenda Miller 717.552.9771**

